

The Spin



Colorado Safe Routes to School State Network

Volume 2, Issue 5

Safe Routes for Summer

Welcome to the The Spin, a monthly e-newsletter brought to you by the Colorado Safe Routes to School State Network. The Spin is designed to facilitate shared information and connections among communities and organizations interested in increasing the number of Colorado students walking and biking safely to and from school every day.

Safe Routes for Summer is the theme of *The Spin* this month. Summertime is the perfect season to participate in any outdoor activity. This issue includes important safety tips to practice while having fun in the sun. Remember these recommendations when traveling to and from the park, pool, or summer camp. Also, this edition of *The Spin* highlights physical activities and sun-sational programs that are safe, easy, and enjoyable for all children. Finally, learn more about Safe Routes to School on a national level, the recent strides Colorado has made, and a new initiative titled Safe Routes to Play.

Stories from Schools

Summer Safety Lesson

Although school is out of session, learning new things doesn't have to stop. Summertime is a great opportunity to teach and remind children of important safety tips of walking and biking to school. Bicycle Colorado recommends these valuable safety tips for children:

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When walking:

- Walk together
- Be seen
- Look for traffic
- Cross the street safely

When biking:

- Always wear your helmet
- ABC Quick Check (Air, Brakes, Chain)
- Dress appropriately
- Obey the rules of the road



View detailed tips [here](#). Take the entire summer to master these recommendations and you will be all geared up to walk and bike to school next fall!

The National Crosswalk

Obama Announces Next US Secretary of Transportation

Margo Pedroso analyzes Charlotte, NC mayor, Anthony Foxx in her blog titled, *Sizing up the Next US Secretary of Transportation*. Margo features Foxx's accomplishments as mayor and underlines his intentions as US Secretary for Transportation. Most importantly, however, her blog emphasizes the steps the Safe Routes to School National Partnership encourages Foxx to advance once he is elected. Read Margo's blog [here](#).



Crusin' with CDOT

Colorado Ranked #2 for Bicycle Friendly States!

The League of American Bicyclists has released its updated Bicycle Friendly State rankings. Washington State leads the nation for the sixth year in a row, but this year Colorado has moved up in the rankings to No. 2.

In the past seven years, Colorado has made significant strides in becoming more bicycle friendly. Back in 2006, Colorado ranked 23rd in the country; today our state is ranked 2nd!

Achieving one of the best rankings in the country has been a joint effort among several agencies, especially those of CDOT. CDOT's implementation of policies, programs and



projects has led to the success of a bicycle friendly state. Bicycle Colorado has also been a key actor by affecting legislation and improving bicycling traffic laws.

To learn more, [view](#) the 2013 Bicycle Friendly State Rankings.

Planning for a Physically Active Summer

Sponsored by the Colorado Department of Transportation and Safe Routes to School, included is a [list of 31 activities](#) you can participate in over the summer to keep you in tip-top shape. Each activity contains a web-link or YouTube video, so it is fun and safe to get started. Challenge children in your life to complete as many activities as possible during these summer months!

Training Wheels and Webinars

Substantial Summer Webinars

Learn more about temporary engineering solutions in the National Center for Safe Routes to School webinar titled, *Creating Positive Change with Temporary Infrastructure Improvements*. Often times, construction hazards, lack of funds, and an extended time frame discourage parents and students to walk or bike to school. However, this webinar includes temporary infrastructure tips to bypass these liabilities and boosts safety and accessibility for school routes. [Register](#) now for this webinar. Also, be sure to download other archived webinars provided on the National Center for Safe Routes to School [website](#).

Later this month, the Safe Routes to School National Partnership is hosting a webinar titled, *Maximizing City Involvement in Safe Routes to School: Educating Municipal Transportation Departments*. This webinar focuses on the importance of encouraging municipal transportation departments to

consider safe and accessible routes to and from schools. Join the featured speakers as they discuss the short and long- term opportunities available for future Safe Routes to School initiatives. [Register here](#) for this upcoming webinar.



Pedaling Programs and Funding Feet

Summer Bike Camp

Be sure to add this program to your list of summer camps! The second annual Bike Camp, hosted by the Bike Depot, educates children on the advantages of bicycling. Participants of the camp will learn biking as a method of transportation, a fun outdoor activity, and a way of physical activity. Among these topics, Bike



Camp leaders will teach important safety skills, bicycle maintenance, and encourage community building. The success of last year's pilot program has lead Bike Depot to offer more sessions, for more children of different ages. If you are interested in learning the details and registering for this camp please visit the [Bike Depot's website](#).

Safe Routes to Play

What if all children had the opportunity to choose how and where to spend their play time, and didn't need to rely on adults to drive them to parks, playgrounds, and open spaces, but could ski, skate, scoot, bicycle, or walk safely to their play destinations? Safe Routes to Play, an initiative of the nonprofit organization GP RED (Research, Education, and Development), addresses a child-centered transportation approach to achieve this goal.

GP RED's "Safe Routes to Play" initiative is a community planning process that assesses gaps in community connectivity and active access.

Our partnership with the United States Forest Service Children's Forest Corridor project (Rocky Mountain Region) is based on the concept of safe routes to parks and natural areas along the South Platte River in Denver, CO, and the City of Lebanon, NH is incorporating Safe Routes to Play in a neighborhood enhancement project. The City of Sheridan, CO has applied for funding from Great Outdoors Colorado for a SRTTP project to launch in the fall, and Prince Georges County, MD will be using SRTTP in three communities this summer.



If your community is interested in learning more about Safe Routes to Play and receiving additional material that details the process and deliverables, please [email](#) or call (303-880-4916) Jessica Osborne, Initiatives Director at GP RED. Also, take a moment to view the SRTTP [website](#).

*The purpose of the **Colorado Safe Routes to School State Network** is to facilitate two-way information sharing and connecting among communitis and organizations in order to lift up what is working, identify new opportunities and galvanize support for policy and culture change that will increase the number of students walking and biking safely to and from school in every Colorado community.*

[LiveWell Colorado](#) serves as the lead facilitator for the Network. Other members of the Network's steering committee include: [Bicycle Colorado](#), [Children's Hospital Colorado](#), [Colorado Department of Public Health and Environment](#), [Colorado Department of Transportation](#), [Kaiser Permanente](#), [Littleton Public School District](#), and the [Safe Routes to School National Partnership](#). If you are interested in learning more about the network, please contact advocacy@livewellcolorado.org.

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